



# New York bacon burgers with Cajun wedges

**Serves 4**

Feel like you're in  
an American diner!

## Ingredients

- 4 spring onions, finely chopped
- 1 tsp garlic salt
- 500g lean beef mince (5% fat or less)
- Large handful of fresh flat-leaf parsley, finely chopped
- 1 tsp mustard powder, mixed with 2 tsp water
- 1 level tbsp extra-light mayonnaise
- 2 tbsp fat-free natural fromage frais
- 8 back bacon rashers, visible fat removed
- 4 x 60g wholemeal rolls, halved

## Method

1. Preheat your oven to 200C/fan 180C/gas 6. Spray the wedges with low-calorie cooking spray and toss in the Cajun seasoning. Arrange on a non-stick baking tray in a single layer, season lightly and bake for 30-35 minutes until golden.
2. Meanwhile, put the spring onions, garlic salt, mince and parsley in a bowl. Season and mix well using your hands. Form into 8 flat burgers and put on a plate lined with baking paper. Cover and chill for 25 minutes.
3. In a small bowl, mix together the mustard, mayonnaise and fromage frais, and season. Cover and chill. Mix together all the coleslaw ingredients, season, cover and chill.

# Ingredients

- 1 little gem lettuce, shredded
- 1 red onion, thinly sliced into rings
- 4 gherkins, thinly sliced
- 2 tomatoes, thinly sliced

## For the wedges

- 4 baking potatoes, scrubbed and cut into wedges
- Low-calorie cooking spray
- 2 level tbsp Cajun seasoning

## For the coleslaw

- 3 large carrots, peeled and coarsely grated
- 1/2 green cabbage, finely shredded
- 1 level tbsp extra-light mayonnaise
- 6 tbsp fat-free natural fromage frais

# Method

4. Preheat your grill to hot. Grill the bacon for 3-4 minutes each side, or until crisp. Keep warm.
5. Place a non-stick frying pan sprayed with low-calorie cooking spray over a high heat. Gently press the burgers into the pan and cook for 1 minute each side (you might need to do this in batches). Reduce the heat to medium and cook for a further 5 minutes, or until done to your liking, turning often. Drain on kitchen paper.
6. Toast the rolls then fill each with lettuce, onion rings, gherkins, the burgers, tomato slices and bacon. Top with the mayonnaise sauce from earlier and serve with the wedges and slaw sprinkled with black pepper.

